



Explorando la Patagonia desde 1985

info@fitzroyexpediciones.com.ar
Av San Martín 56 | El Chaltén (9301)
Santa Cruz | Argentina

FITZ ROY, CERRO TORRE, & ESTANCIA CRISTINA HIKING

October 8 – 15

Duration: 8 Days / 7 nights

(Pre-Summit Adventure)

HIGHLIGHTS:

- This program has been created for those seeking for adventure in the mighty Patagonia, while maintaining comfort and high standard of services.
- We will visit the most famous sights in the area: Laguna de los 3 & Laguna Torre
- Day to day activities will be combined with accommodation in cozy Laguna Condor, our private Mountain Hut, as well as Hosteria El Puma, located in Chaltén, and luxury Estancia Cristina Lodge in El Calafate.
- Horse Riding at Estancia Cristina Lodge.

DIFFICULTY: Moderate (3)

Any person who has been walking in hills or mountains in the past will feel comfortable. Also, those who practice aerobic sports on a regular basis and are reasonably fit. This category includes long walking days and perhaps shorter but more demanding walks, such as a short ice-hike like the Viedma Ice Trek, or several day hikes. There is no technical difficulty but the walking combined day after day make it a bit more demanding. The trails are generally easy to follow, and well-marked.

- Long walk from 5 to 10 hours.
- Moderate to big elevation gain (400 to 600 mts 1300 to 1970 ft.)
- Lodging in Mountain Hut / Hosterias / Lodges.
- Moderate physical demand.

ITINERARY:

Day 1: 8th October | El Calafate / El Chaltén

Reception at El Calafate Airport, Group transfer to El Chaltén, with English speaking guide.

Arrival to El Chaltén, a small town of 300 located at the foot of Fitz Roy and Cerro Torre and on to Laguna Condor – Mountain Hut, our private property located on the banks of Rio de las Vueltas, 17 kms north of town. There are great

views of Monte Fitz Roy's north face from camp. There will be a trip briefing before dinner to explain the adventures that await us in the days ahead.

Services:

Group transfer from El Calafate Airport to El Chaltén

Accommodation: Twin Cabin at Laguna Condor

Welcome Dinner (Fixed 3 Course Meal – no beverages)

Day 2: 9th October | Full Day Hike Laguna de los 3

Hosteria el Pilar, is the starting point for this beautiful and classic walk in Los Glaciares National Park. We will begin by meandering through beech woods and before long we will get our first views of the imperious Mount Fitzroy and the glaciers and lakes that flow from it. As the landscape opens before us, this view will become more expansive and dramatic. Eventually we will reach one of the two campsites where climbers wait out the weather before attempting to climb Fitzroy or the other peaks in the massif. From here starts a steep climb that leads us to Laguna De Los Tres, from where we will have an outstanding panoramic view from the heights. If the day is clear we will be able to see Viedma Lake at a distance and the steppe that flows deeper into the horizon.

From El Chaltén, a transfer will take us back to Laguna Condor – Mountain Hut.

Services:

Box Lunch

Accommodation: Twin Cabin at Laguna Condor

Breakfast, Lunch Box, Dinner (Fixed 3 Course Meal – no beverages).

Distance: 20 kms/12 miles (8 hrs)

Elevation Gain: 700 mts/2296ft

Day 3: 10th October | Full Day Hike Laguna Torre

Another classic full-day hike: Laguna Torre. We will begin our trek from the hotel in El Chaltén following the Fitz Roy river valley along a good path until reaching the first lookout point where we will get great views of the Mount Torre-Adelas mountain range and the magical spire of Cerro Torre. We will go ahead towards Lake Torre. The walk continues over flat terrain until we reach one of the two campsites used by climbers attempting the daring ascent of Cerro Torre. A little further gets us to the recent moraine around Lake Torre which we will climb up and over to view the lake itself and the Torre glacier tumbling into it. And, if clouds allow it, the thrusting silhouette of Cerro Torre will dazzle everyone. Return via the second campsite to El Chaltén.

Distance: 18 km/11 mi (6 hrs)



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Elevation Gain: 200 mts/656 ft

Services:

**Accommodation: Twin Room at Hosteria El Puma
Breakfast, Lunch Box, Dinner (Fixed 3 Course Meal
– no beverages).**

Day 4: 11th October | Half Day Viedma Trek

In the morning, a transfer will pick us up from the hotel to drive us to Bahía Tunel, (Tunnel Bay) 15 km from town

During this excursion, you will learn the history of the largest glacier in Argentina and its behavior over the past 10 years, during which it has shown a constant and drastic retreat. You will witness the noticeable erosion of the ice over the rocks and the visible results. You will capture extraordinary views of the glacier from different points, on a journey along natural trails. This is such an ideal excursion to share with family and friends.

Approximately after 1-hour navigation, during which you will observe large icebergs, you will disembark on a rocky promontory area to start trekking.

The trekking on the promontory area will allow you to appreciate the history of the glaciations, the movement of large ice blocks smoothing the rocks, and to acknowledge nature as the main modeler of the landscape that you enjoy today. This promontory area is a terrain rarely seen and it is the ideal point for the Glaciology talks offered by our guides. During this journey, you will approach the glacier to observe it from different heights and natural viewpoints, appreciating its immensity and the play of colors.

In the afternoon, we will sail back to Bahía Tunel, where a transfer will be waiting for us to take us to El Calafate, where we will be arriving late in the evening, for dinner.

Services:

**Viedma Trek in regular service
Accommodation: Twin Room at Hotel El Quijote
Group transfer El Chaltén / El Calafate
Dinner at Local Restaurant (Fixed 3 Course Meal -
no beverages).**

Day 5: 12th October | El Calafate – Estancia Cristina

After a half an hour bus trip to Puerto Bandera's Harbour, you get on board the boat that will take you to Estancia Cristina via the Upsala Glacier, in the far north fjord of Lake Argentino.

Estancia Cristina is located on the remotest arm of the Argentino Lake. For many years English settlers lived here,

becoming well known amongst explorers, climbers, and adventurers; all of whom used the Estancia as a starting or finishing point to venture into the Ice Cap and its unexplored peaks. Padre Agostini, and Eric Shipton are two of the famous explorers/mountaineers that spent some time in the Estancia. There is a fascinating small museum at the Estancia with many artefacts from Cristina's past. Nowadays boats bring tourists for a day visit to the Estancia and The Upsala glacier, some choose to stay in the recently opened lodge, but very few have the chance of walking the valleys, and exploring the surroundings. There are endless walking possibilities around the Estancia.

Services:

**Regular Transfer from El Calafate to Punta
Banderas Pier. Boat Navigation to Estancia
Cristina**

Lunch

Dinner

**Accommodation: Twin Room at Estancia Cristina
Lodge**

**Day 6: 13th October | Trekking Cañadón de los
Fósiles.**

A full day hike that begins towards the Feruglio. A short climb takes you over the ridge from where you get a fantastic panoramic view of the Upsala glacier flowing from the Southern Patagonian Ice Cap into Lago Argentino. The Ice Cap is the third largest amount of ice in the world and the biggest outside polar latitudes. Reluctantly leaving behind this awe-inspiring view you begin your descent into Fossil Canyon. Many of the rocks in the area show numerous embedded fossils, from the past marine incursions when the Pacific Ocean covered most of Patagonia, and some of these sedimentary rocks were formed. All this happened long before the Andes Range existed. Much later all the landscape was sculpted by the incredible force of huge ice caps, and what we see today is a tiny memory of the last glaciations. The colorful rock, deep water pools and scattered fossils make for a fascinating and absorbing walk and before you know it you will have reached the valley floor and the end of your hike. Return to the Estancia for afternoon tea.

Services:

Activity at Estancia Cristina

Lunch

Dinner

**Accommodation: Twin Room at Estancia Cristina
Lodge**

Day 7: 14th October | Trekking a Mirador Cristina

This is a lovely walk to the East of the Estancia, part of it through native beech-tree forest. Incidentally, on any of the



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days that you stay in the Estancia you are welcome to go riding for short rides or day-long outings.

In the afternoon, we will take boat back to El Calafate, where a transfer will be waiting for us to take us to our hotel.

Services:

Lunch

Boat Navigation Estancia Cristina / El Calafate

Regular Punta Banderas Pier / Hotel

Dinner

Accommodation: Twin Room at Hotel El Quijote or similar.

Day 8: 15th October | Departure from El Calafate

Transfer Hotel / El Calafate Airport in private service with guide.

Included Services:

- Mountain guide from Day 1 to Day 8
- Radio communication with our office in El Chaltén, and G.P.S. (global positioning System)
- Meals according to itinerary.
- Accommodation According to Itinerary
- Transfer El Calafate Airport / El Chalten // El Calafate Airport in private service. Group transfer, to be provided to participants arriving in same flight. Please ask for private / additional transfers, for an extra cost.

NOT Included:

- Personal Equipment. (Please check the required equipment in this file).
- Drinks in restaurants, and extra drinks.
- Personal expenses (tips, laundry, phone, etc)
- Any other service not mentioned as included in this document.
- Domestic Flights.

Note:

In El Chaltén you can rent mountain gear. Please confirm in advance because the stock is limited and incomplete.

We recommend for you to avoid natural fibers like cotton because once they are wet they are difficult to dry.

GETTING READY:

- Group Size: Minimum 4 Paying Full/ Maximum 12 participants

- **Amount of Hosted Delegates (100% FOC) in this departure: 4**
- **Price per person: U\$D.- 1400.-**
- Methods of Payment: Credit Card (Visa or Master Card) / Wire Transference
- Booking Method: On Request, we will send a Booking Form to be filled by Participants.
- Accommodation Provided: Double (Twin) Basis, to share with a colleague of same gender. Single accommodation possible only in some accommodations, please ask for price and availability.

SUGGESTED GEAR

Because of weather conditions, that are usually tough (wind, rain, cold) is necessary to wear a good clothing, according with the circumstances of the area and the activity to do. This is the reason why we designed a list of suggested gear for every activity.

Note: You can hire equipment in El Chalten. You should let us know in advance as the stock is limited.

We suggest no to use natural fibers such as cotton. Once wet they almost do not keep warm and are difficult to dry.

- 40 litre backpack. (Day Pack).
- Trekking Boots: leather or waterproof material with a good support for ankles
- Two pairs of hiking socks
- Comfortable trekking pants
- Rain over pants with full side zips (we recommend Gore – Tex shell or similar)
- Polar fleece or softshell Jacket (windproof preferred)
- Rain Parka with hood (we recommend Gore – Tex shell or similar)
- Two short-sleeve T-Shirts
- Polar fiber or wooden hat
- One pair of gloves or mittens
- A hat and a pair of sunglasses
- A pair of short pants
- Lip Protection
- Sunscreen (with SPF of at least 16/20)
- Athletic Tape for blisters (1 ½ inch wide tape)
- Pocket Knife (Swiss Army style or a multi – tool like Victorinox or Leatherman)
- Water Bottle or hydration bladder
- Camera, charger



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RESERVATION AND CANCELLATION CONDITIONS

a) Reference to meteorology:

- It is well known that meteorology in the area is unpredictable presenting its self in some outings situations where the weather changes in few hours having the guide to suspend the activity when the wait in the camp of the electric Lake is of several days.
- In case any activity must be cancelled or changed due to meteorology, Fitz Roy Expeditions will provide alternative activity within similar price / services. No Refund will be given for excursions not being able to perform due to weather conditions.

b) Reference to the physical condition of the participants:

In the case that the physical condition of a participant is very low in comparison with the rest of the Group and places a threat in the success and safety of the whole expedition, it will be the guide who will determine if the passenger must be accompanied by an assistant and return to El Chaltén abandoning the Expedition where an alternative program will be prepared for him in accordance with the weather conditions and aptitudes of the same.

In none of the cases will be a refund of what has been paid for the expedition. Alternative services will be given as long as it doesn't incur in extra cost for Fitz Roy Expeditions. Any extra expense is the responsibility of the client.

ACCOMODATION INCLUDED:

El Chalten:

- Laguna Condor – Mountain Hut:
<http://www.fitzroyexpediciones.com.ar/ecocamp-english/>
- Hosteria El Puma:www.hosteriaelpuma.com.ar

El Calafate

- El Quijote Hotel: www.quijotehotel.com.ar
- Estancia Cristina Lodge:
www.estanciacruzina.com



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IMAGES:

LAGUNA DE LOS 3





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LAGUNA TORRE





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ESTANCIA CRISTINA



HORSERIDING AT ESTANCIA CRISTINA

